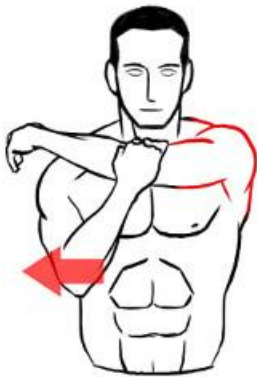
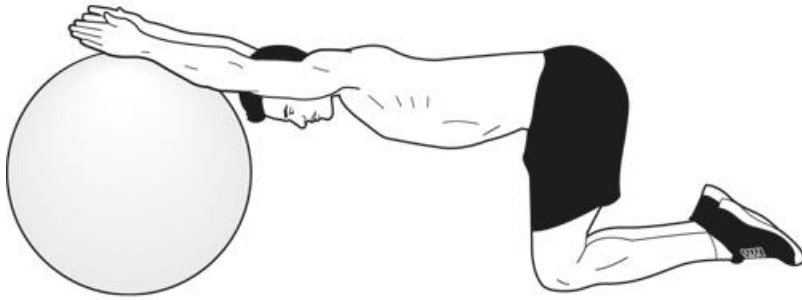


SHOULDER CAPSULAR STRETCHING EXERCISES



PERFORM 3-5 SESSIONS PER DAY
HOLD ALL STRETCHES FOR 60-90 SECS AS TOLERATED

